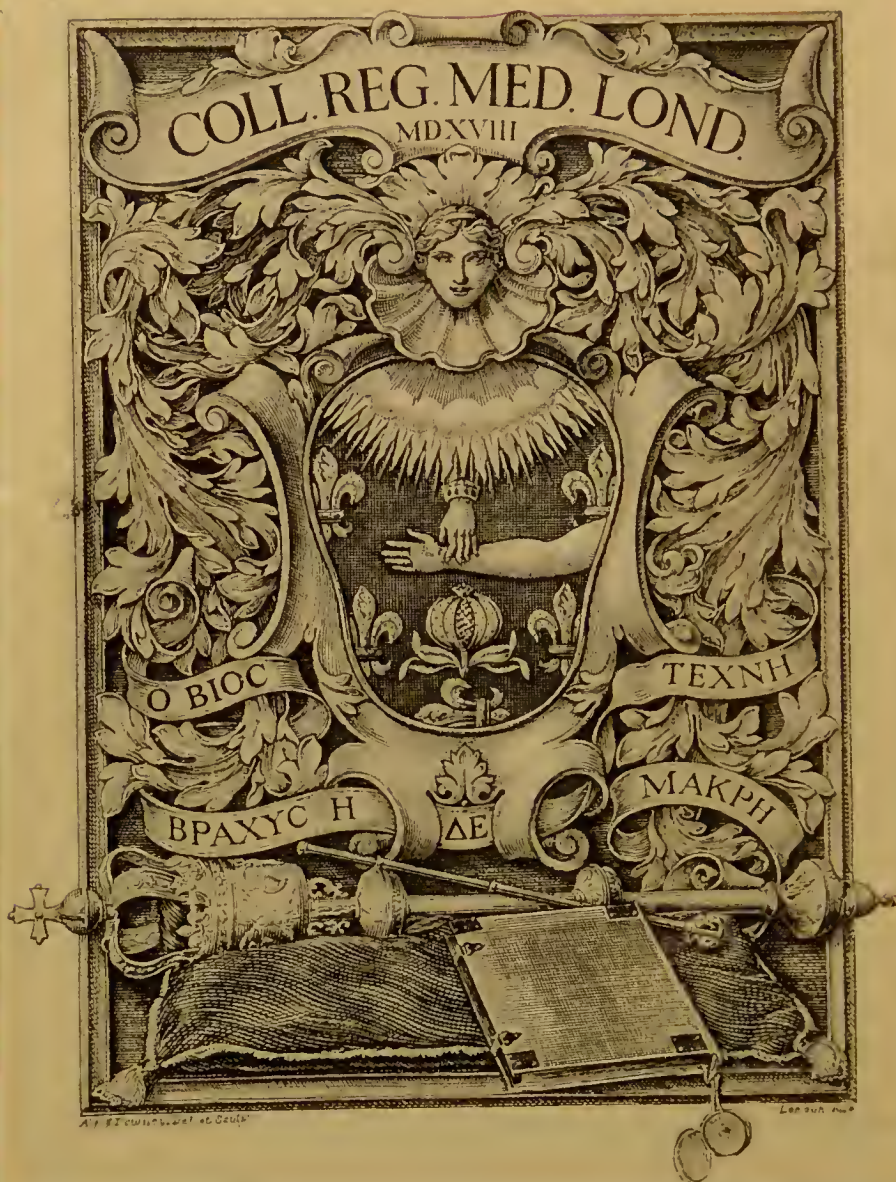


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SHORT TREATISE

O N T H E

All-cleansing,—all-healing,—and all-invigorating

Q U A L I T I E S

O F T H E

SIMPLE EARTH,

When long and repeatedly applied to the naked Human-Body and Lungs, for the safe, speedy, and radical Cure of all Diseases, internal as well as external, which are, in their Nature or Stage, susceptible of being cured;—for the preservation of the Health, Vigour, Bloom and Beauty of Body and of Mind;—for rejuvenating the aged and decaying Human-Body;—and for prolonging Life to the very longest possible Period.

TO WHICH ARE ADDED,

A DESCRIPTION of the best Kinds of Soil, or Mould, and Situations,—and of the best Methods of conducting this most efficacious, and most salutary Practice of

EARTH-BATHING;

And a free Critique on the regular Professors or Teachers, and Practisers of Medicine, Surgery, &c.

Being the first Book or Pamphlet that ever was published in the World on the Subject of Earth-Bathing.

By JAMES GRAHAM, M. D.

NEWCASTLE UPON TYNE:

Printed by HALL and ELLIOT; and sold by the AUTHOR;—by Mr Richardson, Royal Exchange, London;—Mr J. Guthrie, Nicholson-street, Edinburgh; and by Mr Cruttwell, Bath.

ROYAL COLLEGE
OF
PHYSICIANS
OF
LONDON

SHORT TREATISE,

ON THE

All-Cleanfing,—All-Healing,—and All-Vigorating Qualities

OF THE

EARTH,

When long and repeatedly applied to the Naked Human-Body
and Lungs.

EVERY person who has read attentively the travels and the voyages that have been published in Europe, in the course of the present century ; and especially all medical, naval, military, and mercantile men, who have been in the East or West Indies, in Africa, or in America, must recollect that EARTH-BATHING, or Animal purification, strengthening, or vegetation, that is, immersing or placing the naked Human Body, up to the chin, or lips, or rather covered up over the head, but leaving the eyes and nose uncovered for seeing and breathing freely, in fresh dug up Earth, or in the Sand of the Sea-shore, for three, six, or twelve hours at one time, and repeatedly, hath been recommended, and actually practised, with constant, and with *infallible* success, by Sea-faring Foreigners, as well as by the natives of Great Britain, not only as the speediest, and most infallible cure of the worst and most hopeless cases of the Sea-Scurvy, and Dropsy ; but also for the certain cure of Leprosies, Rheumatisms, Consumptions in their first stages, and of that most violent, and by all other means most incurable, and most fatal of all Spasms, Convulsions or nervous afflictions, to which the Human Body is liable, called by Physicians, tatanus & trismus, or a sudden and universal Spasm, or rigidity of the whole Body, and Limbs, and lock'd Jaw, which so often happens in the East and West Indies ; and for the cure, or even smallest remission of which, the warm Bath, Mercury, Camphor, Musk, Æther, prodigiously great quantities of Opium, and all other Antispasmodics, as they are called, generally, or I may say, *always* proved ineffectual.

By the above facts, which have hitherto in the Books, and by the Travellers alluded to, been but very slightly mentioned, (their considering Earth-Bathing, I suppose, as a very barbarous and dangerous practice) by two or three instances, which I had heard related, with no stress, nor good authority, of cures being wrought in Britain, in cases of persons being tormented and almost devoured by innumerable swarms of Lice, in the most inveterate Scurvies and Itch, and in all other cutaneous Foulnesses, by means of the patients *standing* naked, two or three times, for twelve hours each time, up to the lips, in a fresh made hole in the Earth, and with the Earth put in close contact with every part of their Body and Limbs ;—by reflecting on what is well known to every old woman, plough-man, cock-fighter, and school-boy ; namely, that only smelling to the Earth, or following the plough, are wonderfully refreshing, restorative, and exhilarating, especially in Asthmas, Consumptions, and nervous weaknesses and wastings ;—and that when a cock has seemingly been *killed* by his antagonist cock,—or by the more savage and wanton barbarity of men, throwing and knocking them down
A
with

with stakes, they have been even in a few minutes restored to life, and to strength, by only cutting out a thick and deep turf, and putting the cock's head and neck into the hole in the fresh Earth, for a quarter or half an hour; by considering that the Earth of even a small close city Church-yard, takes to pieces and sweetens so many thousand dead corpses—so many thousand great sacks of corruption, diseases, and death, and yet itself remaining vital, sweet, and salutary;—by the great love and admiration which I have ever had for studying and following the simplicity of Nature, in regard to the preservation of health, and the cure of diseases; and above all, by the express declaration of God Himself! in His Sacred revealed Word, that Man was originally formed of the Earth; by the united force and cogency of all these facts and considerations, I was, as it were, insensibly led, about seven years ago, to study more and more the nature and qualities of this Earth, or that great mass of matter, upon whose surface we dwell, and towards the centre of which every thing belonging to it gravitates, through which all the other elements percolate, filter, or pass,—and in which, with their seminal forms and principles, they silently and harmoniously repose, till awaked and called forth in due season, measure, and proportion by Nature! the unerring and ever-working Artist of God! to form and to animate all mineral, vegetable, and animal systems.—SYSTEMS! I call them, for *every*, even the minutest seed, is an egg, in which myriads of myriads of others are wrapt up, nay, every egg is a little world in itself; and we may still go farther, and say, that each, and every individual organized thing, *in* and *on* this Terraqueous Globe, is a complete and perfect (though to us who see and know comparatively *nothing*) an almost invisible and incomprehensible epitome or compendium of the whole world, and perhaps of the whole Universe!

Nay, what if I should go still farther, and call the Earth itself, a great, an huge Animal, or living System, of an *unique* species indeed, and inhabited as all other animals are, by millions of myriads of lesser animals,—and were we not to the contrary informed, by that Divine Revelation that cannot err nor deceive, I would be inclined to say, that this huge Animal, the Earth, upon which we crawl, and caper, and sport, and frét,—was created not six thousand, but perhaps sixty millions of years ago,—or perhaps from all Eternity; for I think no very observing, philosophical, liberal minded, and freely-speaking man can doubt, but that every part of this Globe, even the tops of the highest and most inland mountains have already, at some period of time or another, been the bottom of the Sea,—and *that* in the ordained, and indispensibly necessary course of Nature! abstracted from the intervention of the general Deluge, in the days of Noah!—Yes. There certainly *has* been a time, when this Island of Britain was part of the Continent of Europe; and even when Europe and America were one Continent, undivided by what we *now* call the Atlantic Ocean. Alas! to poor, blind, peevish, yet haughty and presuming men, these things seem great or impossible,—but with God! and in the revolution of a very long series,—I had almost said of infinite ages, they are nothing;—and for the very existence, fruitfulness, and well being of the earth, and of its inhabitants—these revolutions, marine impregnations or incubations, are indispensably necessary. Even in our *own* time, we have seen old islands disappear, and new ones arise; and on many parts of *our* little Island, where one hundred years ago, ships rode, the farmer *now* follows his plough,—and in nutritious waves the golden corn undulates: *and the contrary*,—that is to say, over many fields and valleys, where even an hundred years ago, corn grew, and cattle fed,—ships now sail, and fishes swim.

But to return to prove, agreeable to the general analogy of things, that the Earth itself is an huge Animal, or living System, and that even the whole Universe is one great system or machine, simple in reality, yet to all created Beings, seemingly infinitely complex, or compounded of infinite circulations, and of innumerable wheels within wheels, in the centre of each of which wheels, and in the centre of every atom of which the stupendous aggregate is composed, sits, invisibly, a spark of God's wisdom, power, and goodness! harmoniously and unerringly directing all to one great end or purpose, by means and ways, though to *us* totally invisible and inconceivable, yet most perfectly consistent with the

existence and happiness of the whole, and clearly and loudly declarative of His infinite wisdom, power, goodness, and glory!

As the basis or support of *our body*, which is properly enough called by the wise ancients, “the microcosm or little world,” is bones,—so the EARTH has its internally supporting basis, like ours, of different figures and densities, in what we call veins, or more properly *ribs* of stones and metallic ores. The Alps, Pyrenees, and other mountains are the more prominent processes of its back-bones. It has too, its fleshy parts; its *proper* arteries and veins; its skin; its hair, and other excrescences; its inhaling and exhaling vessels;—it takes in too, its proper food, which it digests, concocts, disperses, and assimilates to *every* part; it *secretes* and it *excretes*;—we prick its veins in sinking mines, pits, wells,—and its ever circulating blood, continues ever after to exude, and to flow; we cut issues in the earth; for through ditches and sewers its stagnant, grosser, and diseased fluids are drained off. The body of the Earth too, like the human, and all other bodies, is condensed and rarified by the alternations of cold and of heat. It shakes and it shivers; *Now*, it drinks in vital air at its capacious lungs,—and celestial spirits at every external pore; and anon it breathes *out* the contaminated air—the vile phlogiston, from its *Ætnean* and *Vesuvian* lungs, and from its Grotto del Cano and other pores;—periodically does its bowels grumble, and its voracious jaws opening in what we call earthquakes, relieve for a while all the *other* parts of Nature, by hundreds of thousands of US; the all-tormenting and all-destroying reptiles, or Demons of the Earth, being swept away and swallowed up, on the eruption of its electrical aura or sulphureous fires, and imprisoned air,—whether of the rarified atmospheric, or of the fixed, mephitic, fetid, inflammable, or phlogisticated kinds.—The Earth, moreover, like other animals, vomits, and purges, and stales;—and we are so very foolish, absurd, blind, and depraved of taste, as to eat and drink, for the imaginary preservation of our health, and for the vainly expected cure of our diseases, her acrid, saline, and sulphurous excrements in fossile and mineral medicines, at Seltzer, Scarborough, Cheltenham, Bath, Harrowgate, Moffat, &c.—in mistaken preference to the pure, balmy, pellucid milk, from her everflowing breasts at Pyrmont, Bristol, Buxton, and at every good common soft spring, and river, in the world; and especially on its first descent from its celestial country, in the spring and summer rains and dews, the seasons in which nature is obviously most kind, loving and prolific!—*these*, the SIMPLEST waters! especially the vernal and summer rains and dews, if caught in clean vessels, in open plains, or on mountain tops, far from *great* Towns, and properly preserved in wooden or in earthen vessels, in the bosom of the Earth, would be infinitely more conducive to the preservation of Health, and to the cure of all diseases, when judiciously used internally and externally, than all the acrid, tearing, heterogeneous, metallic, saline, sulphurous, and fetid waters, that are so much esteemed—because they are so far fetched, so dearly bought,—and because, *mercifully*, they are so very uncommon, when compared to the very universal presence of the far more necessary and more valuable, pure, soft, live—and health-giving common water.

That the Earth is a most fruitful *Parent*, *rearing*, and *watching* over her innumerable offspring with far more than *human* care, is witnessed every moment by all our senses; and as we are torn and convulsed with violent bodily passions, and mind-deforming emotions, so, likewise, the terraqueous Globe has ITS storms and its tempests, that agitate, pierce, and deform both its face, and its inmost parts. The Earth too hath its sympathies, and its antipathies. It hath its kind and genial, and its churlish and austere fits. It is fullen, unfruitful, and unlovely, in the frigid and in the Torrid Zones; but she loves to appear in her sweetest smiles, and in her gayest dress, in these temperate European regions, and in that medium and moderation which best comports with our happiness, and which nature constantly endeavours in every part of her boundless dominions to maintain:—and, finally, as the human body hath its gradual growth, achmé, decay, and dissolution,—and as good men are to have a resurrection of a pure, spiritual, immortal, and more glorious body, *so* we are promised that by fire, at the final consummation of all the things belonging to our Earth and System, we are likewise promised a new purified, chryselline Earth, and a new Heaven!—*that is*,
not

not only universal christian purity, love, and holiness, but also a constantly clear and serene sky or atmosphere, suitable to the *then* purified and pellucid Earth; and this purification and calcination of the old caput mortuum Earth; and re-creation or appearance of a new Chrystalline Earth, is expressly fore-told in the Sacred Scripture, the revealed word and will of that tremendous Omnipotent Being! whose power and providence, in the same book, is very aptly, and to our purpose, compared to "Fullers's Soap, and to a Refiner's fire."—After thus running on at some length, with my comparison of the Globe of the Earth to a huge, prolific, and NOT irrational animal, I may be indulged with the liberty of drawing the whole of what I have said to one point of view, and farther to represent our World or System, as a Creature of an *ambiguous* nature, and as partaking of *both Sexes*. The *higher* part of our system, namely, the celestial, being active and *masculine*; the *lower*, or more gross *elementary* part,—of the passive and *feminine* nature. As the globe of the earth then is the wondrous and capacious womb, in which the all-engendering seed of Heaven is eagerly received and faithfully *kept* for innumerable, most kind, and most obvious purposes:—I may finally be allowed to remark, that as from the upper masculine part proceed the Light, Serenity, Life, and Strength of our System,—so, from the lower or female part, (as *alas!* from too many *other* female parts) do issue fires and *Ætnean* or *Vesuvian* furors, corruptions, diseases, discords, desolations, and Death.

But to return to our proposed, and more immediate interesting subject, the *nature* and medicinal *QUALITIES* of the Earth. The train of thinking, or of observations and reflections, which led me to imagine that the Earth is the grand receptacle, and the balmy harmonious bed of all the *known*, and of all the *UNKNOWN* Elements and influences, and that the judicious use of it, in what I call earth bathing and *breathing* or inhaling its virtues at the lungs, and at every pore of the body and limbs,—might prove at once the grand *Preserver*, and the sovereign *Restorer* of Health, were the following.

I considered that such is the wisdom, the power, and the goodness of God! and such the frugal œconomy of his bountiful and all-operating foreman or artist nature, and that as nothing was created in vain, so nothing in the immense, yet compact and harmonious system of the universe is lost or annihilated;—inasmuch, that certainly there is *not* one atom of earth, one drop of water, a thimbleful of air, nor a spark of fire in the world, nor perhaps in the universe, at this moment, nor ever will be, neither *more nor less*, than there was at their *FIRST* creation. For whatever is removed by Nature or by Art from one part of our terraqueous Globe or Atmosphere, is necessarily deposited in some other part. In consequence of *this*, I considered our common mother the Earth, as being the multifarious, well conditioned, and well disposed womb of all visible things—impregnated with the seeds or staminal principles of all things; at the same time ever teeming—and ever bringing forth by the potent and ever penetrating masculine virtues and energy of her affectionate and ever active husband—the Sun! For his innumerable and all vital rays, that from the creation of our solar System, have been poured or darted in *immense* torrents into our Terraqueous Globe, every moment, day and night, summer and winter, seed time and harvest, are *not* lost, or annihilated. No. The most luminous and vital parts of this celestial Light, Imperial Air, and Solar fire! are used by nature for the production, animation, growth, and chief nourishment of all vegetable and animal Systems, and *minerals*;—and the grosser or more inert parts of the Elementary fire, after being concocted or converted into the Phlogiston of metals,—and into what we call electrical, and the more gross culinary fire, and after prevading (for certain most wise, and indispensably necessary purposes) all things, namely every atom and particle of Earth, Water, and Air, as far as our Earth and atmosphere extend, it collects, I suppose, in immense quantities or streams, and flows forth continually in a species of electrical aura, or *flatus*,—or air, or *pabulum* wind with ever increasing velocity, into the great fountain the Sun! from whence it originally issued, (like rivers to the sea) there to be reanimated, renewed, or re-impregnated with those very vital, luminous, and infinitely pure and active virtues, which it lost or dispensed in its grand work or destination, the animation and cherishing of all

all animal, vegetable, mineral, and fossile bodies. In like manner, as the fresh, or soft, sweet, *simple* waters on the Earth, namely, the rain, spring, fountain, pool, lake, well, and river water, which nourish all things, on, and in the Earth, are distilled, or raised from the Sea, by the great God's chief Operator, or Animator of all things, the Sun!—and, when this simple fresh vital water has refreshed, nourished, and enlivened all the things, upon which it has acted, or thro' which it passed, it naturally, and indispensably flows home again to the bosom of the Seas or Ocean, from whence it originally came, *there* to be re-animated, and again impregnated, or saturated, with those saline, vital, prolific, and all-nourishing qualities, which it had lost, imparted, or given forth, especially, while in the vigorous states of rain-water, and of vital Atmospheric or Imperial Air, to the various animal, vegetable, and mineral inhabitants, and productions of the Earth.

Hence the well known, wonderfully rich, refreshing, and fructifying qualities of the rain-water, and dews,—far, far exceeding, and excelling what water is possessed of under any other denomination, as spring, river, lake, well, or any other water; or in any other stage of its progress, or wonderfully sublime, and obvious circulation.

Water in its first, strongest, and richest state—of vernal, or Summer clouds, or rain,—borne triumphantly on the wings of the wind, churn'd, and super-saturated with the Solar fire; with all the Planetary, Astral, or Celestial influences;—with the nitrous, æthereal, or imperial principles of the Air;—and with all the rich and balmy exhalations from the Earth; the rain water, I say, thus richly and vitally impregnated, comes down like as a Giant comes forth from his chamber in the morning, refreshed with sleep, and with wine, eager to run his illustrious course, and to perform the most astonishing feats, to operate innumerable myriads of effects in the vast dominions of nature: but, when the strength of this rain-water is exhausted, and its vitality lost, in giving life, and bulk, and motion to *all* things in its appointed progress, it creeps meandering in the rivers, languid and worn out, “panting for its native home,” and at last joyfully rushes into the willing, and capacious bosom of its parent Ocean!—there to be re-animated, invigorated, and replenished with those vital qualities, which it had so freely parted with, in its visit, or embassy, to the hungry and thirsty regions of the Air—and Earth;—to their multifarious contents;—to their infinitely numerous productions.

Thus, then, as we may *infer*, and indeed as we actually *see* with our Eyes, especially when assisted by the best Telescopes; that the air and fire go upward, and into the great body of the Sun, from whence they were first darted upon the Earth;—that as every drop, and particle of fresh water, flows likewise back to be re-animated in the great magazine, or womb of *all* the waters, the Sea! from whence they were originally separated;—and as all, and every species of foul, contaminated, dead, deadly, or empoisoned Air,—must go back, and be mixed with, or otherwise acted upon, by the great open body, mass, or Ocean of our common Atmospheric Air; so as to again become the vital, the most salutary, and most necessary food of animal life; and of culinary fire, or flame;—and moreover, to *finish* the climax, as our Soul or Spirit, on its separation from the grosser body, at what we call death, goes to God, from whom it came, and a spark, or ray, or atom of whose essence it is;—so, in studying this important subject, I concluded, that our bodies, as being originally formed of, and coming from the Earth, *must*, agreeable to the general, and universal analogy of all things in *Nature*; and to that sublime and all-connecting circulation, in that infinitely perfect, and Glorious System, the Universe!—I concluded, I say, that our bodies must go into the Earth again when they are feeble, or deranged, or vitiated by disease, or almost worn out, either by our having departed from the simple Paths, and moderate intentions, of Nature! (and alas! Mankind are continually straying, and departing from Nature in all things) or by having given forth our own life, vital strength, and perpetuity: in the production of our like, for the renovation, or continuation of our Species. Or, in other words, to explain, and more clearly to *illustrate* these most important matters:—whenever, tho' still in youth, and in health, we desire a double measure of vitality, and

vigour

vigour of constitution;—and whenever, in growing years, we desire to grow fairer, fresher, and very considerably taller, and stronger than we otherwise *are*, or *could* be, from the original organization and constitution, which we received from our immediate Parents, and more remote Progenitors; or when at *any* period of our life we find ourselves diseased from whatever cause; or when, as I have already hinted; we have either voluntarily, or through ignorant and fatal habits, examples, or accidents, stripped ourselves of life, to communicate it to our children, or by solitary and diabolical practices to Molech, or to the wind; or, finally in OLD-AGE, when the Human Body is almost quite worn out, and all the springs, and principles of life, have lost their due tone,—are almost dissipated,—become feeble, impervious, or rigid, and are no longer susceptible of the concoctions, and assimilations of its proper nourishment; or, in other words, when our body is no longer susceptible of the action of those *stimuli* by which life is maintained, namely, of air, food, drink, exercise, and the various passions of the mind; nor a fit mansion, or habitation for the Almighty and incomprehensible Renovator, SLEEP! the soft nurse of Nature to repose in,—then, I say, when we are in any of the above circumstances, we must either go down into the Earth, judiciously, repeatedly, and, in proper seasons, and situations, to have all diseasedness external, and internal, cleansed and abstracted from us, and to be renovated, rejuvenated, and invigorated with all the genial vitality, lusty vigor, and soft rich blooming beauty of youth, and of the most perfect health,—or, that derangement from the sound and healthy state,—that discord, decay, and dissolution of the animal machine, especially of the more vital parts, that are *begun*, must infallibly and inevitably GO ON, till, in the *dead corpse* state, the body be completely broken down, and all the constituting atoms and principles of which it was composed, be entirely separated, dispersed, and assimilated to the primary or constituting elements from which Nature took them; where, each species being nourished in its native bed, or reposing in the great original mass, they are all in due time re-animated, and made fit to be wrought up again, in the composition of new bodies or living systems,—animal, vegetable, mineral, or mixed:—MIXT, I say, for in fact each individual element composing the three great classes or kingdoms, is a mixture, transmutation, or assimilation of ALL the THREE or FOUR, and, indeed of *other* principles or elements, which must for ever escape the detections and analyzations of the clumsy senses of even the acutest and most accurate chemists, physicians, book-makers, and other pretending analyzers of simple and subtle, of visible and invisible nature!

But I beg pardon of my gentle reader if he be an humble, yet ardent lover, and thankful follower of Nature!—for having trifled with, or insulted him by mentioning the words *Chemist*, *Modern Philosopher*, or *Physician*;—for Nature disowns them ALL and *all* without *one* exception. She will have nothing at all to do with those ignorant, proud, arrogant, and illiberal men, who confessedly do, and order every thing to be done, not *secundum naturam*, agreeable to nature, but *secundum artem*, or according to *art*; and who continually oppose, disturb, and torment Nature in her simple, innocent, silent, sufficiently-obvious, and all-blessing ways;—and who, notwithstanding their protestations, and perhaps their belief to the contrary, go a whoring, after OTHER mistresses,—and after *strange*—after *very* STRANGE idols and idiots of their own, and of other men's creating: whilst NATURE, sweet innocent maid! sighing, *sings*, or *says* to them, of her bastard Sister, *Art*,—"But my Sister, ah! you've kissed *her*; and ME you've past by; I am jealous of these fellows bad taste, and blind eye."

Than myself, there is not, perhaps, a man in the world who has a greater love, or more profound veneration for true science, and for the innocent, elegant, and useful Arts. And so far as chemistry, medicine, book-making, or any other trade or art, embellish human life—or make mankind more intimately, or more extensively acquainted with Nature,—or so far as they contribute to preserve or to restore ease, health, or happiness to the bodies, or to the minds of our fellow creatures, of the BRUTE, or of the *human* species, I am an advocate for, and an admirer of them. But, when men—when ignorant or villainous

men,

men, convert mild, sweet, simple, efficacious, and natural remedies into poisons*, by beating, bruising, compounding, torturing, and totally altering them by their fires, by pointing them with corrosive mineral acids, and by every unnatural and infernal art, and then recommend them, and actually administer them as medicines to preserve health, *which no medicine can do*, or to cure diseases, which is best done by the simplest and cheapest means, I am out of *all patience* at such gross ignorance, barbarous cruelty, or hellish iniquity. Nature! is ever silent, simple, liberal and moderate; and she delights in these attributes or virtues,—which alone constitute true science, and permanent happiness in the world: and, strictly agreeable to this great and eternal truth! I will venture to assure the world, in consequence of much experience, that I can speedily, most safely, and radically cure any, and every curable disease whatever, without any of the medicines which are used in what is called the *regular practice*, and *that* merely, by the judicious and persevering use of the simple elements of Earth, Water, Air, and Elementary or natural fire and heat, assisted at most, by a few of those very mildest and simplest herbs, which every blind beggar can procure, and by proper regimen, or regulations in regard to food, drink, exercise, sleep, and of the passions or emotions of the mind. But alas! instead of paying proper regard to those natural and most important matters, Physicians actually call them *non naturals*; now this shews either gross *ignorance*, or their mean and unme-

* Like the Devil's head Agents, Slaves, or Foremen, the Brewers, and Distillers of Spirituous Liquors, who convert so much good, mild, sweet, milky, nourishing grain, into that poisonous, liquid infernal fire, which debilitates, dupes, and damns the bodies and the souls of so many millions of the human species annually. Alas, how many millions of sacks of sweet, rich, mild grain, are every year converted into poison by all the Brewers, Distillers,* and Wine Compounders in the world? Did no such fools or miscreants exist, our six-pennyloaves would be of a better quality, and sold for two-pence each,—and oat-meal instead of one shilling, would be only three-pence the peck.—What a very healthy and happy world would this be, were there no Brewers of Malt Liquors;—no Distillers of Evil Spirits,—not the one-hundredth part of the Public-houses that there are;—no Tobacco and Snuff Sellers;—no Dealers in Tea, Coffee, or Cocoa;—nor no legions of European incarnate Devils, going forth continually, under various pretences, to rob, pillage, plunder, enslave, to famish, to inoculate with every vice, and to torment and murder the more peaceable and worthier natives and inhabitants of America, of the East and West Indies, and of Africa?!?—Or in other words,—how happy would Britain and the world in general be, had we not a government so very unwise,—and tax-masters so very grossly ignorant, for I cannot suppose them to be so very diabolically cruel, as heavily to tax the vital air, and all-cheering light of Heaven!—and, by encouraging and authorizing the very great and enormous evils just now complained of, to raise a revenue, two-thirds of which is either not needed or very ill applied,—upon articles and indulgences, which totally ruin the health and morals, the souls, bodies, characters, and estates of the silly, idiot, passive people. These things ought not to be so. These things will not be for ever tolerated.

Two hours after I had written the above note, I observed the following paragraph in an Edinburgh Newspaper. “A calculating correspondent writes us, that one-third of the revenue of this country is collected at the expence of the health and morals of the people. He has an eye to the Distilleries, as branched out into innumerable Gin-Shops, Public-houses, &c.” It is impossible for such a government and people long to exist.—The measure of their iniquity is surely now nearly full.

As to the business of impressing men, of dragging young and innocent men, like the blackest criminals,—from their native land, and from the bosoms of their loving and beloved parents, sweet-hearts, wives, and children,—to rob and to murder persons who never offended them,—or to be themselves robbed and murdered,—it is too too shocking for me to think of. Hell itself blushes at the cruelty and impolicy of such assault and outrage. No exigency of any state can vindicate it in the sight of nature, of reason, or of God! Our Law-givers and Rulers would think it very hard to be hindered from doing every thing they like to do; but how much harder would they think it to be dragged away and compelled to do, at the peril of their life, what their whole body, spirit, and soul revolt at and abhor the thoughts of doing?!?

unmerited deference to the praises and opinions of those stupid systematic old Blockheads, Hippocrates, Galen, Van-Helmont, Boerhaave, Cullen, Storck, &c. and other noted heads or Leaders of the *dangerous*,—of the *PILLAGING*—of the ignorantly MURDEROUS Herd, whose Systems, and Theories, and medicines, soon wax old like a Garment, and like old Garments are thrown aside:—but be it henceforward my business to probe to the bottom, with unsparing hand, the hollow rottenness of the trifling—of the iniquitous craft.—Suffer me, my sensible reader, to give you a specimen or two of the natural and medical knowledge of a few of the most eminent teachers, or rather, as they more properly call themselves, *Professors* in the most celebrated medical University at present in the world. *But*, will any Gentleman of natural good sense, though ever so much disposed to credulity, believe me, when I assert the truth of the following melancholy facts?!—Namely, that when I then and there, four years ago, studied again six months, I saw the celebrated Professor of chemistry conducting and exhibiting his most noxious processes and experiments before two or three hundred boys and men, with all the doors and windows of the room as closely shut as any could be; nay, I have actually seen that same Professor,—emaciated, coughing, pale, and puling, drinking warm or hot foreign tea, shut up in a close room, or, rather, in a close leaden canister,—for his parlour is, I think, very completely coated or lined with a mixture of oil long tortured on the fire, and of that most deadly poison, white LEAD;—and for relief in some of those diseases or uneasinesses with which all chemists are more or less afflicted, I have seen him at least 50 times, gnawing at a piece of that vile, black-burnt, heating, Empyreumatic Chemical extract, called refined, or Spanish Liquorice Juice,—instead of taking from time to time, to allay tickling irritations, or to moisten the husky dryness of his fume corroded throat,—a sip of cold fresh brought-in water alone, or with some milk, or oatmeal in it,—or a tea-spoonful of good honey alone, or mixed with fine eating oil,—or of letting some bits of nature's gum arabic, or rather of our own cherrytree gum, dissolve gradually in his mouth.—But, if he preferred *liquorice*, why, in the name of nature! and of common sense, did he not chew the fresh balmy, milky, saccharine root?—or, if his mineral acid, and metallic fumes had destroyed all his teeth, why did he not scrape and bruise the fresh liquorice-root, and pull it into threads, and with *warm*, or rather with pure COLD water extract its mild, healing, cooling, pectoral, and truly balsamic virtues?—

Nor will it be believed, that that winter I repeatedly saw about three hundred students crammed up by an older, and still more celebrated Professor—(their very god of medicine) in a little, black, dirty room, with a low ceiling, with the door and all the windows closely shut, to keep in the dreadful and intolerable stench, and deadly exhalations, from so many hundred unventilated lungs, from so many hundred gallons of unventilated contaminated blood,—and from so many myriads of dirty pores!—Unventilated I say, dirty, and contaminated, for at the early hour of nine in the morning, in winter, at which they meet,—their cadaverous breath, and fetid atmosphere, were to me intolerable,—many of the students having been very late at the vile drinking houses and brothels,—many of them diseased and dying,—for eight or ten of the medical students actually died and were buried, that winter, in the course of a few months.

Nor would it be consistent with the pure natural sweetness and real dignity of my subject, the Earth!—to exhibit the Professor himself, who, (when out of the college, was one of the pleasantest, politest, and most Courtier-like behaved men in the world) covered from top to toe, with snuff, horses hair, sheep's wool, and calves skins,—coughing incessantly, and incessantly trembling with both hands, like aspen-leaves, while the gawkey and glum Gowks, in the gloomy gallery of the Lecture-room keep glowering and gaping down upon him, in senseless admiration of his long-winded spasmodic doctrines, and of his *NICE-nosology*, as he calls it. But, in fact, he had no *nose* ology at all. For his nose, that most natural and most necessary avenue of the voice and air was constantly inflamed, and stopp'd up, with very long, and very excessive snuff-taking—a practice as filthy, indecent, and unnatural, as it is unhealthy.—As to *Nature's* snuff!

snuff!—the *almighty's* universally-given Cordial, the open air!—and as to muscular exercise, or loco-motion, without both of which no animal can be perfectly or long healthy, the Professor seemed utterly to abhor them, inasmuch as he has been carried about the streets of that city daily for thirty years in a little close black box, by two of his own fellow creatures, one of whom, while he was on this duty, that spring, actually dropt down dead; but even *this* did not admonish, nor cure the Dr. of his folly and barbarity;—for the man's place was soon supplied by another of the same hardy and condescending breed of Highland or Hibernian cattle.—It is a shame that men should be so degraded, or suffered so to degrade themselves.

But if we look upon the most authentic accounts we *have*, of the painful, and miserably diseased lives, and premature death, of Paracelsus, Van-Helmont, Boerhaave, and indeed of most of the world's wise-men, great chemists, and physicians, we shall have but very little reason to applaud their Art, or to follow their steps. Indeed, if an entire stranger was to pick out the ugliest, awkwardest, proudest, most deistical, most profane, most cadaverous, and most sickly-like men in any large town, or company, he would on enquiry find, that three-fourths of them were Chemists, Physicians, Philosophers, Surgeons, and Apothecaries.

Physicians, and the foolish dupes their PATIENTS, (very properly so called) or instead of *Patients*, they might be called their *Jobs*, or JOBS; Physicians, and their Patients, I say, totally neglecting the obvious and all-blessing *simplicity*, and the RICHES of Nature,—and the infinite wisdom, and most provident Bounty of Nature's God!—which in every part of the world holds out to the *wise and attentive*, the means of health, and the easiest, speediest, and most infallible cures for all diseases, without *much trouble*, and without *any expence*;—instead, I say, of Physicians, Surgeons, and their Patients observing and profiting by all this,—they are continually having recourse to the torturing and confused mixture of the milder simples, and to arming and exalting the poison of the harsher and more deadly articles of their Materia Medica, by chemical, pharmaceutical, and culinary processes. They import from far distant countries, with great danger, and at an enormous expence, certain Drugs, *which*, though they might perhaps be salutary, and proper for the alleviation or cure of the diseases of the natives, or inhabitants of *those* countries where they spontaneously, or with the most ordinary cultivation grow,—yet are by no means proper, nor congenial to the constitutions of the natives or inhabitants of this, or of any other countries, than of those that spontaneously produce them. Not to mention the sophistications, and the loss of any virtues they possessed, by cruel and avaricious men,—by long and improper keeping, preparation, or exhibition. But if a drug is deleterious, poisonous, and produces very terrible effects;—if it requires much skill and care in the administration of it,—if it be very far fetched, scarce, and costs a great deal of money, THAT drug is sure to become the universal favourite or rage of Physicians and of fools, till it gives way to a newer, and perhaps, to more dangerous fashion.

How happy would it have been for mankind if such men had never existed in this world, as Storck, Priestley, Goulard, Brown, Withering, Fowler, and several others I could mention?—who so publicly have recommended the too universal exhibition to the human species of Hemlock and Henbane;—of electricity, artificially produced airs, and dangerous if not damning religious doctrines;—of that deadly poison lead;—of the soul and body-killing poisons Opium, Tobacco, fermented and spirituous Liquors;—Fox-glove;—and even Arsenic itself.

I assert, and do insist upon it, that perpetual health may be *preserved*, and all diseases when they happen among the children of vice, of art, folly, ignorance, or perverseness, CURED, with the remedies that are every where to be found, and which may be procured without one farthing expence, even by every lonely and blind beggar.

As to the two famous expensive *foreign* medicines or nonsensical luxuries, which are so continually and so universally used among us, I mean sarsaparilla root, and

Peruvian bark,—I would stake my life, that I will make more safe, speedy, and radical cures in this country, with an hundred weight of good fresh grass, and the little herbs that naturally grow among it, pulled up by the roots, with the fresh earth adhering to the roots,—or even of fine fragrant hay; or of good half-ground oats, barley, malt, or wheat;—or of the most common herbs, with their roots and earth, such as angelica, burdock, comfrey, eringo, dandelion, plaintain, mallows, ground-ivy, cabbage, spinage, nettles, whin-blossoms, parsley, sorrel, young green peas, ripe-living fruits, &c. than with a TUN weight of sarsaparilla-root:—and of our good British oak-bark, *alone*, or assisted with the specific or antidotal qualities of the young green elder bark, and of the young elm-bark,—or with the bitter aroma of our chamomile flowers, baums, fages, mints, worm-wood, or thymes; and with the free drinking-in of fresh open air, day and night, and the frequent rubbing and dashing the external surface of the body and limbs with cold water, or with warm water alternated, these will speedily, safely, and radically cure those obstinate, and generally mortal diseases, which all the Peruvian or Jesuit's bark, and red port wine in the world, *cannot even alleviate*, though they send the miserable patient drunk or delirious out of the world.

But to return to our very curious and important subject the Earth. Some very judicious Philosophers have with truth I think imagined, that of itself, the Earth cannot produce any thing; or in other words, that virgin mineral Earth,—or Earth at too great a depth from the surface for the rains, frosts, air, light, and sun-beams, and for the plough or spade easily to reach, is in fact, an inert mass,—a mere sponge or filter, or a barren bed;—but, when properly exposed to the action of the other elements, greedily receiving, and faithfully treasuring up, all those rich, fructifying, specificating, and vital principles, which the other elements, &c. dart or insinuate into it,—giving them forth in due time, in new forms and combinations,—in some producing fifty, in some an hundred, and in others a thousand-fold.

Now, from reason, from analogy, and from constant and attentive observation, let us consider what the Earth *really is*, and the great purposes which it serves.

God! of his infinite and most adorable wisdom, power, and goodness! hath made those things which are the most vital and useful, and the most conducive to the general happiness, and well-being of his creatures, the cheapest,—the most plentiful, and the most universally present and *comeatable*, by every person, creature, and thing, that exists.—Agreeable to this, is it to be doubted, that the great mass, or body of the earth, as it is by far the bulkiest, and the heaviest of all the four Elements we are *conversant* with; *is*, besides being the solid basis and sustainer of all things, the most essentially necessary too, for their preservation, and renovation?—The Earth is confessedly our common Material Parent!—the ever teeming *Mother*,—and the faithful and affectionate *nurse* of all Animals, Vegetables, and Minerals; herself fructified, impregnated, and cheered by her kind, vigorous, and ever-active husband—the *ALL-animating* father, the Sun!

Yes, the Earth is, in truth, the universal receptacle, and peaceful balmy Bed, in which all the *known*, and all the *unknown*, and *unthought* of Elements and principles repose. Or, in other words, the Earth is the Grand Creative,—all-conserving, and all-renovating work-shop of Nature?—in which nature! sitting silently, and invisibly, in the centre of every seminal and servile atom, is continually working up, forming, and giving birth, and illustration to her greatest visible Miracles, viz. living Animal, Vegetable, and Mineral Systems?—upon each class and individual of which, are impressed by the *ALL-creating*, and *ALL-sustaining* Omnipotence! certain measures or degrees of his own power, wisdom, and beauty!—inasmuch as no created Being can be said to be able even to *imitate* them,—and, as they are all made capable, and delightfully and irresistibly impelled, by this first and *all-over-ruling* law, “Increase, and multiply!” to reproduce, or create, by their own derived energy, and agency, creatures like themselves, to all eternity! or, till the Tremendous First Cause of all Things! *swills* their *non-existence*, saying, “It is enough,—be ye *still*,—operate no more for ever.”

But,

But, from those *greater* wonders which the Earth produces and supports,—namely, living Animal, and Vegetable Systems, and Gold, Diamonds, and other mineral and fossil bodies!—let us descend to discourse of things, or of facts—*less* illustrious, indeed, but to us highly important and surprising;—*facts!* which on my FIRST advertizing, or attending to them a few years ago, *led me to imagine*, and soon *compelled me to believe*, that, with a life of innocence, sobriety, simplicity, prudence, and moderation in all things, *this* Earth bathing, or animal vegetation, as I once thought of calling it, might in reality, be the all-curing,—and the grand rejuvenating plan or system of Nature! the true and every where present Panacea, Catholicon, Philosopher Stone! or universal Medicine! which visionary, deluding, or deluded Physicians, and Al-chemists, fancied was to be made known to, and possessed by, only a few enthusiastic or avaricious men in the world;—but which the Great and most good Parent of the Universe! hath most wisely, and most mercifully put in the power of every creature which he hath formed to enjoy the benefits of. And, is not this perfectly consonant with the very vital Nature of the other Celestial effluxes, and influences, ALL of which, for the greatest and most indispensibly necessary purposes, have every moment, day and night, summer and winter, from the Creation of our Solar System, or of the Universe! Been penetrating, impregnating, and saturating with purity, life, and health, every particle of which, *this* little Globe of Earth we inhabit, is composed; as we would penetrate a small round pincushion with pins;—as a well disposed Animal womb or egg is impregnated with the richest and most vital masculine seed;—or as a sponge or mass of dry sand is saturated or filled up with water.

So that, from all these considerations, we may fairly, I think, conclude, that the Philosopher's Stone, or Gold making, and Universally-curing Medicine, is *no* fiction or Chimera;—for without allegory, figure, or much straining, the capacious—all-penetrating—and all grasping mind of a true Philosopher or Naturalist, might consider and call this great mass of stone or matter, of different densities, which is commonly called the Earth; *HIS*, or *the* Stone of Philosophers: especially as we have discovered Gold in all Sand, and indeed, in every thing; as the Earth literally transmutes, or converts all that she finds fit for the purpose into Gold; and as I have had the honour of discovering, and of proving to you, that almost every part of this our great Philosopher's Stone or Earth, glows with purity, life, and health, and that *IT*, *alone*, is, in reality the true Universal Medicine! Here, I think, I have stumbled on a *plausible*, or rather *TRUE* way, of accounting for the strange, and seemingly improper term—Philosopher's Stone!—and of demonstrating the truth, and constant certainty of its wonderful operation!

I remember that several Great Chemists, Alchemists, and Philosophers, when they describe enigmatically the wonder working Stone, say, that the EARTH is its Mother, the Sun its Father, and that the Wind carries it in its belly.—But the Divinely illuminated Jacob Behmen, in chiding, and lamenting the folly of those who seek for the Philosopher's Stone in Gold, in Mercury, and in almost every unlikely, or difficultly procured thing, expressly tells the world, that their much wished for idol is to be found in the dirt of the Streets, and in the dust of the Highways.

But to return.—The propriety and necessity of our Bathing, or planting ourselves, occasionally, and judiciously in the Earth is most clearly evinced, inasmuch as by nature, observation, and analogy, we are clearly and constantly taught, that every thing is most naturally, and *best* nourished in that place, and by those Elements and influences, that gave Birth to it, or which were its first nourishment.

Many foolish persons have asked me, *how*, or in what manner, the Earth produced good effects on the human, or on other animal bodies, that are immersed and covered close up in it, in what I call Earth Bathing. I have generally told them that first by its coldness, it abstracts all morbid or preternatural heat, then by its soapy moisture, and the genial warmth that succeeds, it draws out or extracts, by the most natural emunctories the pores of the skin, all morbid humours, cleansing the body and limbs of all internal and external corruptions or foulnesses;

—and,

—and, finally, that the human body thus planted in pure good Earth, imbibes, at every pore, cool-balmy-health-sweetly-healing and consolidating freshness,—and the simplest and most vital nourishment. Or I have answered, by asking *them* a question, namely, how is a potatoe, a cabbage, or an oak-tree,—how are ALL mineral, vegetable, and animal bodies nourished, or otherwise acted upon, that are conceived, that grow, that multiply in, and that spring up with such beauty, strength, and vigour from the Earth?—About the precise *how*,—the *mode*,—the *MANNER* of these things, we do not now, nor ever will, or ever can know any thing. —It is however well known and allowed that the human, and all other animal bodies, are organized, nourished, and perform many of their functions in a manner very similar to those of vegetables.

And as the earth requires dung, or other manure to fatten it, if men will not dig or plough it up again and again, and expose it to the sweeter, richer, and wholesomer impregnations of the sun, rain, air, frost, snow, &c. so, indeed, the people in general seem to delight in stench, and in personal dirt and filthiness, both internally and externally; which they take care to cover, to keep in, and to add to, by very close doors, windows, beds, and carriages, and by carrying such loads of cloaths, day and night, as really convert them into beasts of burthen,—into moving dunghills, nurseries of vermin, or into filthy Infirmarys for all manner of diseases to thrive in, and be propagated in; and although they *seldom* wash their *public*, and *NEVER* their *PRIVATE* parts, they fancy that they either are, or will be thought clean, by putting on clean linen; but a very sensible countryman of mine observes (Lord Monboddo) that such persons may as well imagine that they make a DUNGHILL clean, by spreading a white cloth over it,—whilst on the other hand, another Scotfman, (the late Sir John Pringle) contended that, inasmuch as the odours of the human excrements which are kept in every old-fashioned and ill-contrived house in Scotland, especially in Edinburgh, and upon whose streets they are regularly foread out by the Provost and Baillies orders at certain hours daily, are very wholesome and salutary to the public health (Sir John meant, I suppose, to the health of Scotchmen) inasmuch, I say, as that great Physician had discovered, by experiments and analyzations, that these odours are the true microcosmic volatile fetid alkali, and far preferable to your Sel' poignant d'Angleterre, and to all your Dalmahoy's, Bayley's, Warren's, Smith's, or Mosineau's, and the long list of sweet spirits, scented waters, smelling bottles, and other artificial preparations.

I beg leave again, for the third time, to assert, that, ALL diseases, which are in their nature curable, are to be most safely and effectually cured by earth-bathing, judiciously conducted, and patiently persevered in, and by the proper use of common water, air, exercise, and a few of the simplest, mildest, and most common herbs. It is the craft, and avaricious policy of medical men, to pretend that all diseases, and even every stage, and every symptom of every disease, require different or particular remedies. Whereas God made and preserves all things by one simple instrument. He! himself! is perfect simplicity—Equality, moderation!—All his works are like himself! Consequently simplicity and moderation are not only *congenial* to, but the very soul and support of *us*, and of all his other works;—whilst the Art of Physicians and of their partners and coadjutors in the iniquitous farce, the Apothecaries, is no more than at best like a Play-actor, the ape of nature! the bane of health, and the aversion of every sensible man.

Does not nature by the simple means of heat and cold—drought and moisture operate myriads of miracles? Are not the most curious, the most lasting and the most extensively useful machines that men have contrived, always the simplest?—What millions of mighty purposes does the single and simple principle of Gravitation answer in the universe?!—And if you mix the mould of one square yard of earth ever so accurately, even into *perfect sameness* of soil, if you cast the proper seeds, or plant the living suckers of a thousand plants, will not each, taught by nature! seek and find at once its proper food, and its proper Physic?—Will not sweet and bitter, sour and savory, odorous and inodorous, salutary and
noxious,

noxious, nay life and death, with every shape, odour, colour and quality, spring up and thrive in the same little portion of Earth?!—Surely, they will. How, then, can any reasonable man pretend to doubt, or attempt to deny, what I assert, and what may be in every *season*, and every *day* of the year experienced, namely that every curable species and degree of diseasedness, can be most safely and effectually cured by judicious Earth-bathing?! The truth of this assertion, I have in a very great variety of deplorable and most desperate cases seen verified; and I *have* experienced in my own person the happiest effects from this sweet and salutary practice. For I have been in the earth near an hundred different times, and seldom less than five or six hours each time, and that for successive weeks, daily. Nay I have myself been naked in the earth, at Pontefract, for eight successive days, six hours each time, and on the ninth day, I was in for twelve successive hours, viz. from eight in the morning, till eight at night, neither eating or drinking any thing. I recal the assertion; I ate and drank, like a very glutton, at a million of mouths, or pores; and on getting out and washing, and eating heartily, I found myself rejuvenated, and primely invigorated.

I beg leave therefore most earnestly to recommend this practice of Earth-bathing in the open air, even in the midst of our winters (and temperance and moderation in all things) for the uninterrupted preservation of health; for the certain cure of all diseases;—for the rejuvenation of the system;—and for the healthy and happy prolongation of human life, to the very longest possible period of human existence, that our constitutional or parental Stamina will admit of.

Suffer me now to close the Treatise with three or four verses from the sacred scripture, greatly in praise of Earth-bathing. God himself hath expressly declared to Adam, whose name means red earth, “that thou shalt return into the ground, “for out of it wast thou taken. Dust thou art, and unto dust shalt thou return.” St Paul’s description of the resurrection is most literally applicable to the effects of judicious Earth-bathing on the diseased human body; “It is sown in weakness “and in corruption, but it is raised in purity and in strength.” In another of his Epistles he says, that God hath chosen the weak things of the world to confound the things that are thought to be mightier; yea, the base things of the world, and things which are despised, hath God chosen. And in Deuteronomy we read in praise of sea-sand bathing, that “the *wise* shall suck of the abundance of the “*seas*,—and of the treasures hid in the sand, and in the earth.”

I will now close this short Treatise, by giving you short Histories of a few very desperate cases that were cured by this most safe and salutary practice of Earth-Bathing, under my own eye and direction. The following great cure was effected while I was at Manchester, in the autumn of the year 1784, Mr David Robinson, Maltster, in Warrington, aged thirty-four, a remarkably industrious and respectable man, was very warmly recommended to my best services by a letter from Mr Lyon, a Justice of the Peace in that town. Mr R. when he first applied to me had been for six months extremely ill of a most violently painful, and large, hard, weighty swelling of his stomach and bowels. He had no appetite; and what he did eat generally soon came up again. He was afflicted with a most obstinate costiveness; and he could very seldom or never sleep. He could not make water oftner than twice in twenty-four hours, and always with the most excruciating agonies of pain; what he did make was, on standing to settle, the upper part half blood, and the lower, like *whitish*, and sometimes like *red* sand; and at other times like yeast or barm; and complained of an excessive swelling, tightness, and foreness at his breast.

Sparing no trouble nor expence that he could afford, Mr R. applied to, and had all possible assistance from many different medical practitioners, and especially the advice repeatedly of the principal physician in that town; but receiving not the least benefit from any of their prescriptions or medicines, he was by letter warmly recommended to my care by John Lyon, Esq. one of his Majesty’s justices of the peace at Warrington.

For about two months I gave him the very best advices and medicines I could devise, but with very little, and no permanent benefit. From one part of my
pre-

prescriptions, however, which was for him to lie down on the earth with his face over a newly dug hole for an hour or two daily, finding his breast opened, cooled, and refreshed,—and his spirits and strength considerably recruited, although little, or *not at all better*, in regard to all his other dreadful complaints,—the whole disorder, or great mass of obstruction, hardness, rawness and diseasedness in his body remaining unmoved and untouched: and every time he made water, or rather the bloody matter and sand, he found himself considerably weaker and weaker: and the Patient, his wife, his neighbours, and myself expected no other than very speedy, and absolutely inevitable death; and not knowing what more to do for him, I directed him to be striped totally naked, and put into a fresh made hole in the earth, and closely covered up with the earth to his chin, and to remain there for three hours each time, and this to be continued daily without intermission.

Finding the greatest and most unexpected relief from this total immersion in the earth, so early as the second day, he most joyfully and thankfully continued to be buried in the Earth not omitting one day, for seven or eight weeks, even in the many severe and long continued rains which happened in the time, being the months of August and September, which are generally very rainy in that part of the country. At the end of two months he found himself most perfectly free from every part and symptom of diseasedness:—making with ease plenty of good natural water; sleeping well; eating and drinking with appetite and advantage; possessing good spirits, his usual strength, and a fine florid complexion; and in a word entirely freed from all swellings, pain, soreness and weakness. He was most perfectly cured, root and branch, of the very complicated, obstinate, and most hopeless malady, which he had so long laboured under.—And when I was at Liverpool the following summer, he came from Warrington with gratitude and joy to see me, and appeared pure, plump, and rosy, and enjoyed the most perfect health.

2. The daughter of Mr John James, in Carlisle, was afflicted and rendered a total cripple by the shrinking and wasting of her thigh and leg, and a monstrous swelling of her knee, attended with pain, redness, and contraction, insomuch that after all advice, medicines, and applications being used in vain, her life was endangered, and the cure of her limb, was totally despaired of.—In two months by my advice, medicines, and applications, especially by sitting up to her stomach among fresh earth for three hours every day, her flesh, looks, and spirits are so wonderfully recovered, the pain, swelling, and contraction, are so far cured, and the whole limb is become so straight and strong, that she now runs about without crutch, stick, or any other help whatever, to the very great joy of her very affectionate and now happy parents, friends, and neighbours.

3. A young man of the name of PERKINS, in Carlisle, who had been a cripple for several years of a very great white swelling of his knee, and decay of the whole limb, was likewise so happy as to be so far freed from the pain, swelling, weakness, contraction, &c. chiefly by means of the Earth Bath, as now to find his limb almost entirely straight, and to walk about briskly either with, or without a little stick.—He gave me the particulars of his case in writing, but I have either lost or mislaid it.

4. A young child, in that city, was likewise cured by Earth-bathing, of gatherings and vast discharges of corrupted matter from its loins and back, which had reduced it to a ghastly skeleton.

5. The daughter of Mr W. WIGHT, at the foot of Castle-Street, Carlisle, aged 15, fell down eight years ago in a croud, when a soldier, running, by accident violently kicked her shoulder, which occasioned such a constant and violent pain, as shrunk in her shoulder, and wasted her arm to a kind of dry cold stick; and exceedingly affected all the right side, from the very top of her head, with such a paralytic deadness and weakness, that she could not raise her hand to her head.—She was all last year a patient at the Carlisle Dispensary but all that time (occasioned, by their medicines, her mother seemed certain) she was afflicted with most severe fits at least once a fortnight, and sometimes many in one day, especially

especially when vexed, falling down seemingly dumb and dead, for two hours at once, and always dull and moping.—Although she never received the smallest relief from any Doctor, Medicine, or Dispensary, yet in two months, by my medicines and advice, under God! and by daily Earth-bathing for many weeks, her shoulder and arm are now so perfectly freed from pain, paralytic wasting, numbness, and weakness, that shoulder and arm are become like the other, both in colour, plumpness and strength; she has not now even the slightest tendency to the fits, but can comb her head and work with that hand, is grown taller, fresh coloured, plump and sprightly, to the very great surprize and joy of her now happy parents.

6. Helen Cookson, at Stockport, in Cheshire, was cured by my advice, of a most frightful universal leprosy, of 20 years standing, by a few simple medicines, and by sitting up to her lips among sweet fresh earth, for six hours each time, twice a week, in less than three months.

7. A young Lady of Newcastle upon Tyne, was perfectly cured of a consumption of the lungs, when very far gone, and attended with dreadful pain in her side, coughing, spitting, night sweats, &c. after the best advices and medicines had proved ineffectual,—by breathing the pure air, and bathing in the fine reddish light Earth of a neighbouring mountain, on the Durham-side.

8. A young Gentleman of the same town, who had long tried in vain the medicines, advice, sea-bathing, &c. which are generally recommended for the cure of an obstinate scrophulous complaint, attended with swellings and ulcers in his glands and joints, and so great an inflammation and specks on his eyes, that he could not bear even the smallest degree of light,—and were continually gushing out with hot sharp water or corrupted matter,—was soon perfectly cured by going daily into the Earth, after he had gone through a course of my medicines, &c. without the desired effect.

9. A man living between White Chapel, and Radcliffe Highway, London, who was a miserable cripple, and in severe pains, occasioned by a long confirmed Rheumatism, was soon cured by using a few simple medicines and a bath of warming bitter herbs, sulphur, and wheat bran, which I prescribed for him, and going into the Earth daily for a very few weeks, even with all his cloaths on, and in the presence of hundreds of spectators. For, not understanding the verbal directions which I gave him, he got a large hole dug six feet deep in the Earth, into which he was helped down with a short ladder, and sat in it for two or three hours daily, with his shoes, stockings, and all his clothes on; yet, nevertheless, he was cured, merely by inhaling into his lungs, and imbibing at every pore of his body and limbs,—the subtle, all-penetrating effluvium of the Earth which surrounded him, though not in actual contact with any part of his skin.

A description of the best kinds of soil, or mould, and situations;—and of the best methods of conducting this most efficacious, and most salutary practice of EARTH-BATHING.

I generally or always prefer the sides or tops of hills or mountains, as the air and the earth are there more pure and salubrious;—but the air and earth of ordinary pasture or corn fields, especially those that are called upland, and even good clean garden ground, or the higher commons, especially fallow corn fields, are all very salutary and good.

As to the colour and nature of the earth or soil, I prefer a good brown or reddish blooming mould, and light, sandy, crumbly, mellow, and marrowy Earth;—or that which feels when I am in it, and crumbling it with my hands and fingers, like bits of marrow among fine flour; and that which has a strong sweet earthy smell.

I avoid, as much as possible, very black, and blue, and yellow, and white, and clayey Earth. Rich, mellow, crumbly, sandy, or gravelly mould is best,—of a good brown or reddish bloom, or purple colour, and of a strong-sweet-refreshing-breast-

breast-opening smell. I avoid also Earth that has been very much dunged, or full of grubbs and other troublesome insects;—as to the large round and rosy Earth Worms, they will not hurt one; and they are to be found in the best Earth. I dislike low watery heavy grounds; and that Earth which is very ponderous, black, blue, and like cracked clay, full of eyes or worm-holes,—like the eyes of poor wet cheese. But, were I diseased or weak, rather than not go into the Earth at all, I would go into the Earth, under the filthiest and closest street or lane, in any vile old city;—for I have found good, refreshing, and invigorating effects, from sitting long in even what might be thought the worst Earth in the world.

The form of the hole may be as follows, viz. three feet wide, by five feet long, and two feet deep, but leaving a very broad seat to sit on, dig two feet deeper at the lower end, for your legs and feet to go down; or make a place like a child's grave, with the smaller end or half of it dug two feet deeper, for your legs and feet to go down, so that you may be in an easy sitting posture.

In places where the soil is not sufficiently deep, the Earth may be raised up in a firm heap on the surface of the ground, from all the neighbouring parts, and the patient may sit down on it, and be covered up with the Earth, dug up from the neighbourhood;—for that Earth is always the richest and the best which is immediately under the roots of the grass, corn, &c. and is commonly called the under-turf mould, because the sun-beams, the rains, the frost, the snow, the air, and other influences have more easy and ready access to it, than to that Earth which is four, six, or more feet deep, and which may be called the crude, cold, harsh, mineral, unimpregnated virgin Earth: So that even where there is great depth of fine light, soft, sandy soil, I always choose to be covered up with the rich mellow under-turf, or more external mould.

Both myself and my patients, at first, before we were well acquainted with the best methods of conducting this Earth-bathing, have sat uneasily, by not having the seat of Earth broad enough, on which we sat, or by neglecting to pick out bits of sharp stone or gravel from where we were to sit, before we sat down; and we have sat shivering with cold, from not having a sufficiently large heap of Earth heaped up on our shoulders, and neck, and head, to keep out the external wind.

The Earth should be well opened and raised up both under our feet, and under our hips and thighs, before we sit down,—not only that we may sit easier, but that the virtues of the Earth may more easily come forth and penetrate our system. Very much, or the whole of the benefit to be derived from Earth-bathing, depends on making the seat we sit on so very broad as to support our thighs forward to the calves of our legs,—on adjusting our body and limbs to have room and ease on our first going in,—on having our arms crossed, with a hand on the top of each shoulder, to make a sort of shelf to keep the Earth from pressing too heavily on our breast or organs of respiration,—and on having a very large quantity of Earth upon the tops of our shoulders, &c. so as not only to be warm, but also that there may be a very great mass of the fresh dug-up opened element to abstract our diseasedness, and for nature to imbuë purity, health, strength, and vigour from.

In some cases of great general weakness, or of diseased limbs, I have ordered, two, four, or more buicks to be made very hot, and covered with Earth, under the feet of the Patient, while in the Earth: but I never tried the effects of it in my own person. I would have no objection to a very timid person having on any linen or cotton garment for the first or second time of going in. But I never had on any thing myself, nor knew any one who had. I have known many patients get perfectly cured by Earth bathing, when they never took off all their clothes, but only their shoes, stockings, and breeches;—or if females loosed the strings of their petticoats, and pulling up their clothes gradually, had the Earth put in about them up to their stomach, or arm-pits.—The more that the patient sings or speaks aloud while they are in the earth the better; as the bellows like motion of the breast and bowels, not only keep alive the natural heat of the body, but also works out disease, and sucks in health and vitality more powerfully

fully and more abundantly from the Earth, which is in contact with it, and surrounds it.

The morning is the best time for Earth-bathing; although any time of the day is safe and salutary:—so is any time of the year—but the spring and summer seasons, especially in rainy or sunny weather, are to be preferred. Indeed, I have found vast strength and alacrity of body and of mind, from sitting in the earth for two or three hours each time, in Scotland, in all the winter months, especially in the severest storms of frost and snow at Christmas.

Every body, even persons in health, and in the midst of summer, tremble and are very chilly and cold on first coming out of the Earth,—till they have run about a while, or till they be washed with cold water, and well rubbed before a good fire, with flannels, or with a half pound smooth lump of camphire;—or till they have ate and drank, and are rested and warmed in bed. For the Earth, although it acts as a cold bath at first, yet in a few hours, especially if the patient be strong and fleshy, it becomes a tepid or warm bath, soaking, sucking out, and cleansing the body from all impurities, so that we are very sensibly chilled with the cold air, on first coming out of the warm Earth.

I never found it necessary to eat or to drink while I was in the Earth, even for ever so many hours.—No, the surface of our body and limbs is a mere sponge or mass of dry sand, drinking in with ease and avidity whatever is applied to it:—Nature, at every pore of the body and limbs, eats and drinks, like a glutton, at a million of mouths. Nevertheless, a person who is very cold or weak, may eat a piece of bread, and drink a glass or two of wine,—or some very thick oatmeal gruel,—or some warm and very strong tea, made of rosemary, sage, mint, peppermint, penny-royal, hyssop, or of fresh powdered aniseeds, caraway-seeds, or juniper berries, and plenty of honey, treacle, or sugar, in the tea, made very strong of any one or more of these herbs, seeds, or similar articles.

It is a matter of the utmost importance that delicate, and weak, and emaciated patients be not left alone, while they are in the earth, nor suffered to sleep, but that they be continually attended to, and cheered, and excited to speak, or to read, or to sing, that they may derive all the good possible from this most natural of all remedies: and the more that they and every person smell at the Earth while they are in it the better,—with clear and open mouth and nostrils, eagerly drawing into their lungs, the sweetly refreshing effluvium.

In cases of deformity, or crookedness of the spine or back-bone, breast, or limbs, of young slender FEMALES, or males, who outgrow their strength, and the recruiting supplies of nature, between the ages of eight and eighteen, this judicious and long continued Earth-bathing, or alternated with sea-bathing, and long and violent rubbing with the sea-sand, and plenty of mild, simple, nourishing living food, and fresh air and exercise, and loose warm clothing, are the only natural and effectual means of cure that I know in the world,—and I have known them to succeed most astonishingly.

If any one wishes very highly to improve and to enrich the Earth which they intend to bathe in, let them plough, harrow, dig, or turn over the Earth, every month, every week, or, if they please, even every day, so as to expose it, as much as possible, to the action of the sun, moon, stars, planets, and to the whole host of the celestial spirits, effluxes, and influences,—and to the air, rains, dews, snows, frosts, &c. and if they desire to have it as rich and as medicinal as it can possibly be made by nature and by art,—besides the grand exposure to the other elements and influences, as above directed, and to the exciting and mellowing attritions of all its parts and particles, by the very frequent application of the plough, harrow, spade, hoe, &c. let them mix together a large quantity of fresh ground Wheat-bran, fresh ground Oak-bark, from the Tanner's, and fresh sawed Lignum Vitæ Sawdust from the Ship Block Maker's;—and with them plenty of rough Saltpetre, Bay Sea-salt, and Pot or Pearl Ashes;—and Juniper Berries, beat into a smooth paste,—Native or Crude Camphire, powdered,—and the whole mixed together, and then mingled with some pure Honey, especially Mountain or Heath Honey in the Comb;—and then sprinkled upon, and wrought into the Earth, with much ploughing, harrowing, digging, opening, and turning

over with spades, hoes, &c. or by trenching it, or laying up in little hillocks, like hay-cocks.

Bathing in naturally good and well situated Earth, with a southern or westerly aspect, and enriched with plenty of the above composition, and concocted by genial suns, rains, and breezes,—will bid fair, not only most radically, to cure any and every species and degree of diseasedness, that is in its nature or stage at all curable, but to give perfect purity, smoothness, and rosy beauty, and strength of person, and to prolong human life, and the mental faculties, to the very longest possible period,—even perhaps far, far beyond an hundred years;—especially if, to this Earth-Bathing, we add constant and universal purity, simplicity, and moderation in eating and drinking,—very early hours of rest and rising,—fresh open air, day and night,—and if all these means be accompanied, consecrated, and crowned with a virtuous, beneficent, and truly religious life.

N.B. This Pamphlet is a short and hasty extract from a far larger and more methodical work, which I wrote on this curious and most important subject, several years ago, while I was residing on Blackstone Edge Mountains, in Yorkshire, between Halifax and Rochdale,—but which I have not yet had an opportunity of printing and publishing.—This pamphlet, however, is the only thing that ever was published on the subject of Earth-bathing, that I know of, in the world;—and I will be much obliged to any person who can communicate to me any thing of importance on this public and very interesting subject.

General Instructions to the Persons who consult Dr Graham as a Physician.

1. IT is requested that every person who applies to him, will, (to the best of their knowledge) speak or write nothing but the bare, strict, literal, and simple TRUTH! as upon so doing, their temporal and eternal honour, interest, and happiness, so very greatly depend;—and Dr Graham, God assisting him! will himself, most strictly and invariably practice THIS, and all the other moral and religious precepts which he gives to others.

2. It will be unreasonable for Dr Graham's Patients to expect a complete and a lasting cure, or even great alleviation of their peculiar maladies, unless they keep their body and limbs most perfectly clean with very frequent washings,—breathe fresh open air day and night,—be simple in the quality, and moderate in the quantity of their food and drink,—and totally give up using the deadly poisons and weakeners of both body and soul, and the canker-worms of estates, called foreign Tea and Coffee, Red Port Wine, Spirituous Liquors, Tobacco and Snuff, gaming and late hours, and all sinful, unnatural, and excessive indulgence of the animal appetites, and of the diabolical and degrading mental passions. On practising the above rules,—on a widely open window day and night,—and on washing with cold water, and going to bed every night, by eight or nine, and rising by four or five, depends the very perfection of bodily and mental health, strength and happiness.

3. The medicines, regimen, and external applications which Dr Graham recommends, must be continued, daily, (if no real bad effects are found from them) till a perfect cure be obtained and confirmed:—In a word, all Dr Graham's verbal, written, and printed advices, must be cheerfully, faithfully, and steadily observed and practised,—heartily and continually imploring the blessing of God on the means we use through our dearest Lord Jesus Christ! the only-begotten and well-beloved Son of God! the alone—the only possible Saviour of mankind,—and doing every thing in his most sacred and wondrously powerful Name.

4. The Doctor's hours at home for seeing Patients are, in general, daily, from eight till four o'clock. Patients are desired to bring with them every time they return, the *writings* which they have formerly received from him; and when cured, if their case has been singular or very bad, to favour him with a verbal or written account of their case and cure, to direct, regulate, and confirm his practice in future similar diseases.

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f the Majesty of the KING and ROYAL FAMILY of *Great-Britain*—which is yet the avied garden of liberty—of religion—of the world.

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The above work has been written and finished now near two years;—the principal part of it is finally corrected for the press:—and it will be found, 'tis hoped, an useful monitor to every private family or person who desires to be perfectly pure and sound in body, and sublimely serene in mind;—a sure and all-healing guide to HONEST Gentlemen in every department of the *Medical Faculty*;—supremely satisfactory to the Honourable and Right Honourable Members of both Houses of Parliament;—and, even now, to the KING HIMSELF not disserviceable.

HIS MAJESTY, by the skill and care of his *Physicians* and *Friends*—by the suspension of certain mechanical causes of his malady—by hot effervescencies subsiding—by depurations, and critical depositions and evacuations of morbid humours—by collapsing organical distentions of the brain—by certain ebbings, and other efforts of nature—but especially by the most critical interposition of the infinite power and goodness of God! having, it seems perfectly recovered his former health of body and of mind, just about the time that Dr. G's *Work* was finished for printing;—was the reason for its not appearing sooner to the public eye. He hopes, however, that, when assisted by the all-wise and wondrously good providence of God! it shall be ushered into the light, it will prove a sterling and a standing system of health and of happiness to mankind in general, a thousand ages hence—(If it shall please the SUPREME Creator, Preserver, and Controller of the UNIVERSE! so long to continue this world and its inhabitants in the States in which they at present are):—For although that the late severe indisposition of our very amiable, and very much-beloved SOVEREIGN, was the motive of this book being written—tho' the Hemorrhagy of the national heart be now stopped, and the vital soul of loyalty and security gladdened, by HIS MAJESTY's most happy Recovery, yet the AUTHOR of the Book trusts, that, when published in the *English* and in other *European* languages, it will be the means of subduing, expelling, and eradicating any species of morbid Virus, or Impurity, which may be insidiously latent or lurking, or more furiously and fatally fermenting, in the blood and other juices of his fellow-creatures at large;—enriching impoverished fluids—sheathing bracing, and steadying tremulous and subsultory nerves—embalming and invigorating relaxed, quivering, and convulsive muscles—composing, at the same time, agitated and tumultuous spirits;—arranging, comforting, and assuring—deranged, agonizing, and horror and Panic-struck minds,—or, in other words—dissipating the clouds and stilling the storms of intellectual darkness, distraction, and despair, and sweetly and serenely shining, as a Summer's sun in a blue sky, after gentle rain, on sunk and shrivelled souls—on fainting and forlorn spirits, refreshing them—kindly constraining them to be happy—yea cheering, harmonizing, expanding, and elevating them from a world of peace and beauty here—to those high, glorious, and harmonious mansions of everlasting light, life, and felicities!—where they shall bask in blessedness under the eternal meridian of JEHovah's day!





